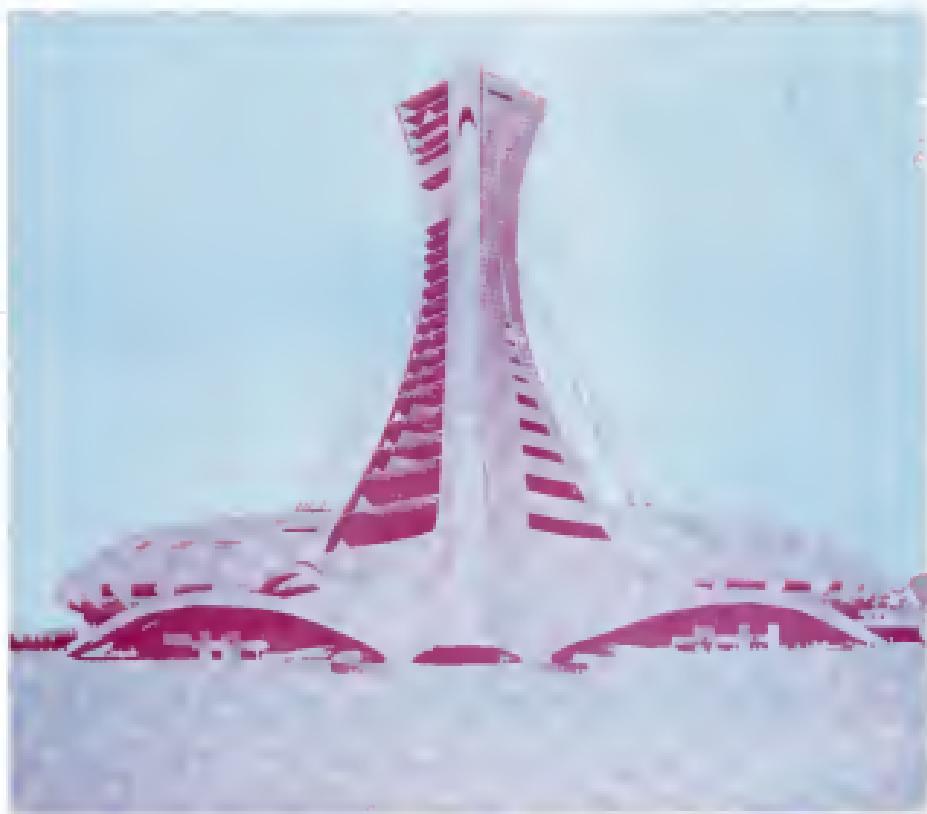


April 1975

usgf NEWS

Official Publication of the United States Gymnastics Federation, P.O. Box 4659, Tucson, Arizona 85717 U.S.A.



Cover

The Olympic stadium

The stadium, whose elliptical shape is evocative of a giant saffron, will normally have 56,500 seats. But during the Games it will accommodate more than 70,000 spectators for the competitions and various ceremonies.

It measures 480 metres at its main axis and 280 metres at its short axis.

It has an levels which, rising from the ground, accommodate, level by level, the following services:

- Drawing rooms for baseball and football athletes, rooms for judges of the various competitions as well as all pertinent technical equipment and a medical centre.

- Reception rooms and offices for officials.

- Main press centre which takes up two levels and will become seven indoor tennis courts after the Games.

- Press-sub centre and services.

- Public level, with all entrances to the stadium leading to the first set of stands. Starting from the lobby, this level is served by ramps and escalators for smooth flowing circulation and quick dispersal.

- Press box with fibreglass and broadcasting facilities, private boxes and panoramic restaurant, which form an intermediate mezzanine which will be of fundamental use in the football arrangement of the stadium.

- Sports museum on a partial level, open to all the cultural mementoes of a sports event.

- The service level contains bath-rooms and showers, dressing rooms and refreshment kiosks with a total area of 136,000 square metres (1 and 1/2 storeys).

The normal complement of 56,500 seats is divided into three levels—lower stands: 31,000; mezzanine: 2,500 and upper stands: 23,000.

After the Games, the track, an integral part of the stadium will be covered by the artificial turf of the playing field.

Nearly 20,000 seats will be installed on temporary stands in an area not required by baseball and football but essential to an Olympic arena.

The United States Gymnastics Federation

P. O. Box 4759 • Tucson, Arizona 85713



USGF

EDITORIAL: April 1975

The last meeting of the F.I.G. Executive Committee was conducted in Lausanne, Switzerland just a few weeks ago. There are a number of very significant items on tap for discussion at the coming Congress in Bern (May). One of those is that the World's Gymnastics Championships be held every year (not every four years as currently held). Many sports are moving in this direction and it seems the way for gymnastics to go, so the Bern congress will be asked to approve the proposal in principal and it will be voted upon in Montreal in 1976.

Historically, the F.I.G. Technical Women's Assembly has been 'out of bounds' for men. They have never had the right to speak, and certainly never been recognized as delegates to the women's meeting even if their country could only afford to send one man to the over-all congress. The Executive Committee voted to allow men to be delegates to that Assembly, with both voice and vote. It's a positive step, and it was also agreeable that the Technical Committee (FIG) remain with women members only.

One item that is bad is that the Olympic Compulsory routines for men and women are changed (see women's drawings this issue). It is extremely late to be making such changes. In that light this office has asked Muriel Grossfeld, as national women's coach, to attend the F.I.G. Congress in Bern for the USGF to ascertain as completely as possible the final versions of the routines for Montreal. It is her task to assist in the training of the girls for Montreal and therefore we deem nothing more important than this goal. She can attend the Technical Assembly and in light of the fact that there are no elections this year and no need for candidates or politicking for such elections, she can concern herself with the single important task of obtaining the best definitions of the routines available. We understand the men's routines are also still in the process of being changed but are not yet ready.

The United States has bid on the 1978 World Championships and has been placed on the agenda for voting in Bern. The event would be in November of 1978, unless the change is made to have a world event each year in Montreal, in which case we may ask to host it in 1977. We also have several other items on the agenda for the coming Congress which will be decided by the 80-plus nations that more than likely will attend. It will be the first formal meeting since the special congress in Montreux and the tone of the meetings should be interesting.

The U.S.S.R. Tour of last November was extremely successful and to that end, we have invited the teams back again in early December of this year for another nine-stop tour with five new cities included in the early planning. More on that event in months to come. The USGF Congress is in Denver in November . . . don't miss it!

For the U.S. Gymnastics Federation,

Frank L. Bass
Executive Director

INTERNATIONAL REPORT



Candidates for future events	
European Championships for Men	(1977)
USSR	
Germany	
Spain	
European Championships for Women	(1977)
Czech	
Spain	
World Championships	(1978)
U.S.A.	
Spain	

The International Gymnastics Federation and a number of constituent members are discussing major changes in program for the gymnastics world. Many are bold and innovative and in my personal opinion in the best interest of the sport.

I hope you will accept the report for what it is and forgive me for moving rather quickly and in some case inconclusively from one subject to the next. This is an informal, unofficial report designed to bring you up to date on discussion items and subjects that are of mutual interest to all involved in gymnastics.

The Olympic Games will open on July 17, 1976, and the gymnastics competition begins the 18th. In order to keep within the restrictions imposed by IOC Article 20 concerning preparation time for teams, the FIG discussed at length the approved time for training Olympic team members. The result was that such teams could prepare "officially" for 10 days each month, for a period of two months in a row beginning seven months before the Games. The last two months before the Games they may prepare "officially" for twenty days each month. According to the IOC Article (see other page this Newsletter), a gymnast may be numbered for last usage during this "official" preparation time. They may also have training expenses such as travel, meals, and lodging covered.

Gymnasts, or any other amateur athlete according to the IOC, may NOT allow their photo to be used in commercial catalog, advertising, equipment, clothing or other need. UNLESS there exists a contract between that Company and the National Federation, National Olympic Committee or the International Federation. This will be an interesting rule to challenge since it will be contested. I am sure if a company owns their own photos and decides to use them in their own catalog, can their national federation or Olympic committee force them to stop?

The 54th Congress of the FIG will be held in Montreal, Canada before the Olympic Games open.

Director's Committee will meet July 10-13.

Men's Tech Assembly will meet July 13-14.

Women's Tech Assembly will meet July 13-14.

General Assembly will meet July 14-16.

Games open on the 17th.

Candidate system for the 1978 Olympic Games Period October 17, 1976 to April 17, 1978.

Host nation for a qualification trial must submit application for the event three months in advance. One neutral judge must be present from the FIG and the names of other judges must be submitted to the President of FIG Technical Committee for approval. Two or three nations should participate and a gymnasium, to qualify, must receive a minimum score of 8.65. A more detailed report on this system will be given you by the FIG very soon.

WEN may now be delegates to the Women's Technical Assembly, with Voice and Vote. For the time being they may not advance to position on the Technical Committee for Women.

The two Technical Presidents (men and women) will no longer have the right to vote on the Director's Committee, but will attend such meetings and have voice. (This will be voted on in Bern at the coming Congress.)

It was voted to recommend to the FIG Congress in Bern that the FIG conduct a World Championships every year beginning in 1977, and that a World Cup also be held each year, with the World Cup each Spring and the World Championships each Fall. The Congress 1978 will be asked to approve this in principle.



The World Championships in Modern Rhythmic Gymnastics are set for Madrid, November 20-23, 1978.

The Mediterranean Games will be in Algiers, Sept. 1-7, 1976 and will, for the first time, include women's gymnastics.

There will be a post-Olympic event in Montreal the coming July (1976) from July 20-31.

Gymnastics will be in Berlin, July 15, 1976, and the USSR will not participate due to a conflict of scheduling, and ten other nations have already invited more than 5,000 athletes.

THE FIG CONGRESS, BERN, SWITZERLAND for 1976 is set as follows:

Technical Assembly 28 May
General Assembly 29-30 May
Agenda items will appear in the No. 1 FIG Bulletin for 1976.

My best wishes to each of you and I look forward to seeing you in Bern for the 1976 FIG Congress.

Frank L. Davis,
Executive Director
U.S. Gymnastics Federation



INTERNATIONAL WOMEN'S DAY INVITATIONAL COMPETITION
COMPETITIVE RHYTHMIC GYMNASTICS
CHOMUTOV, CZECHOSLOVAKIA
MARCH 7-8, 1975

This meet is an annual Czechoslovakian invitational competition. It is always held on "International Women's Day," which is celebrated in many countries in place of our "Mother's Day." Traditionally, the site is always different and is consistently sponsored by the hotel "Futura," or local industry.

Participants

U.S.A. Competitors: Katherine Bryn, Candace Fornberg, Nancy Koefoed
U.S.A. Judge: Norma Zabka
 Thirty-four countries competed including Austria, Belgium, Bulgaria, Cuba, Czechoslovakia, East Germany, France, Netherlands, Poland, U.S.A., USSR, and Yugoslavia. Visiting countries were invited to bring two competitors. The U.S.A., Cuba, and the USSR were permitted to enter the three gymnasts they brought along. Total number of competitors was 82. Thirty-four started, but one Bulgarian and one Czech dropped out due to injury.

Prior to arrival, it was planned that Candace Fornberg (Nevada) and Katherine Bryn (Illinois) would compete for the USA. Nancy Koefoed was expected to observe.

Program

The program was the same as for the upcoming World Championships to be held in Madrid this fall. The four events were hoop, bell ribbon, and Indian clubs. All were optional routines except for the Indian clubs, where eight required elements (two superior and six medium) were to be included. Clarifications and corrections of these compulsory elements as were made in Madrid were not necessary, as it was felt that the competition was too close to the Madrid course and many probably have not received the clarifications. Therefore, wide latitude was permitted in the execution of the elements. Each competitor performed two routines on each of the two days of the competition.

RESULTS

All-Around Women:		
1st	McNamee — USSR*	32.35
2nd	Yevtushenko — USSR	32.25
3rd	Gorissenko — USSR	32.20

*Czechoslovakia

Hoop		
1	Minnova — USSR	9.35
2	Yevtushenko — USSR	9.30
3	Gorissenko — USSR	9.25

Ball:

Tie:		
Yevtushenko — USSR	9.35	
Gorissenko — USSR	9.35	
Vesuna — USSR	9.35	

Club:		
1	Minnova — USSR	9.40
2	Yevtushenko — USSR	9.35
3	Gorissenko — USSR	9.30

Ribbon:		
1	Minnova — USSR	9.40
2	Yevtushenko — USSR	9.35
3	Gorissenko — USSR	9.30

U.S.A. RESULTS		
All-Around:		
23rd	— Nancy Koefoed	33.85
37th	— Candace Fornberg	32.95
38th	— Katherine Bryn	32.35

As an organizational meeting prior to the competition, it was announced that this would be a "friendly meet." The scores reflect this. In addition, the hand apparatus was not weighed nor measured, routines were not timed, and "appropriate costume" requirements were not considered.

The awards were particularly lovely. Rather than medals or trophies, the prizes included items such as beautiful Bohemian cut-glass vases, cutlery, trays, glasses, dolls in authentic Czechoslovakian costumes, and paintings.

Organization of Meet

One floor exercise mat was used. Four sets of judges were available. Each participating country had one judge (except for Bulgaria, who was late in arriving) and Czechoslovakia provided four judges, one to serve in each discipline plus two reserve judges. The director of the Meet was V. Drabek and she was assisted by B. Petrušov. Half of the competition consisted in clubs and ribbons one day and bell and hoop the next day. The other half had a reverse program. This permitted the audience on either day to see four events. Throughout the program, the events were alternated.

Hospitality
 From the moment of arrival to the

moment of departure, it was obvious we were guests of the Czechoslovaks. The first night all participants stayed at the Park Hotel in Prague. At 6:00 a.m. the next morning, a bus drove us to Ustice about two hours away from Prague. This area is located in a heavy industrial and mining area of Czechoslovakia. We slept in what appeared to be sleeping quarters for local industry apprentices. The competition was held at Chomutov, which is a 15-minute drive from Ustice. The competition began at 6:00 p.m. on Friday.

Each team was permitted 20 minutes' practice time. On Saturday, each team had 15 minutes for practice and the competition began at 2:00 p.m. The meet was televised on Saturday. Following the competition, a more formal meal was prepared and a few speeches officially closed the celebration of "International Women's Day." Buses left the next morning — one directly to the airport and one to Prague. Arrangements were made for those who remained in Prague until Monday to stay at the International Hotel. I returned home, but the three girls will remain in Czechoslovakia for another week with plans to take advantage of instructions from Czech coaches.

General Comments

- At the present, our single greatest weakness is music. It is true that the tapes and reproduction (no European speeds) was a part of the problem, but, generally, the music does not sell the performance as is the case for the top performers. Music is even more important in Competitive Rhythmic Gymnastics than in Artistic Gymnastics.
- Our girls need improvement in the technique of handling the hand apparatus. This, of course, needs individual comments for each event.
- The style our girls showed seems to be exactly in the right direction. We appear to be moving in the same direction as the Czechoslovakians. The Russians are expert performers, but they did not come across as innovative as the Czechs in style. The Cubans are also excellent performers and seem to follow the Russians — that is, very little style change since Rotterdam.

More later ...

Norma E. Zabka

INTERNATIONAL AMATEUR ATHLETIC FEDERATION

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October, 1974

THE DISTRIBUTION OF OLYMPIC GAMES TELEVISION MONEY

I understand that there have been some queries about the division of the television money, and, as it was I who originally proposed that the Sports taking part in the Games should receive a contribution, I feel that I should put on record how that contribution was worked out.

I suggested a small surcharge on tickets sold, to ensure that each Federation received a fair payment according to the contribution that it had made. This was generally acceptable, but Mr. Sundage suggested that it would be simpler in practice to divide up the television money, which was in the process of reaching a very substantial figure, and this would also enable the IOC and the NOC special fund to receive payments too. This was unanimously accepted, and I was invited to make the first division among the International Federations on the agreed principle.

For the 1972 Games, it was agreed among the IFs that the first half of the money should be divided equally between the IFs. Any surplus would be divided according to the original principle of the gate receipts that the various sports contributed to the Games. From the very start, therefore, four sports have voluntarily given up a considerable part of their entitlement for the benefit of the amateur ones, for it will be noted that all, except those four, have drawn out a higher percentage than the contribution which they have made to the gate receipts of the Games. It was agreed by the special committee of the IFs in 1972 that the same basis of division should be used for the 1976 Games.

The following figures show in percentage how it worked out:

	Percentage of Spectator Contribution	Total Percentage T.V. Money Paid	
		1972	1968
*Athletics	4.33	23.24	23.37
Rowing	2.60	3.60	3.92
Basketball	3.27	4.01	4.25
Boxing	4.33	4.53	4.99
Canoeing	1.86	3.20	3.70
Cycling	1.06	2.80	
*Equestrian	9.62	7.22	8.08
Fencing	0.78	2.75	3.79
*Football	11.55	8.18	8.30
Gymnastics	4.18	4.48	4.09
Weightlifting	0.77	2.75	3.79
Handball	3.63	4.18	
Hockey	1.60	3.17	3.92
Judo	1.42	3.07	
Wrestling	1.83	3.13	3.82
*Swimming	8.45	5.81	8.87
Parachuting	0.44	2.68	3.70
Shooting	0.44	2.68	3.79
Archery	0.17	2.44	
Volleyball	1.61	3.17	4.66
Yachting	1.66	3.09	3.79

Incidentally, although I do not know the size of the stadium in Montreal for the various sports, I do know that for Athletics the stadium capacity is much less than in Munich, where it was fully taken up, and therefore comparably, there will inevitably be some 100,000 fewer spectators at the Athletics. In spite of this, the IAAF is not proposing that the percentage for Montreal agreed in Munich by the IFs should be varied.

EXELON, President, IAAF

ELIGIBILITY CODE

TO BE ELIGIBLE FOR PARTICIPATION IN THE OLYMPIC GAMES, A COMPETITOR MUST:

1. Observe and abide by the Rules and Regulations of the IOC and in addition the Rules and Regulations of his or her International Federation, as approved by the IOC, even if the Federation rules are more strict than those of the IOC.
2. Not have received any financial rewards or material benefit in connection with his or her sports participation, except as permitted in the by-laws to this rule.

BY-LAWS

To Rule 26

1. A COMPETITOR MAY:

- a) Be a physical education or sports teacher who gives elementary instruction.
- b) Accept, during the period of preparation and actual competition which shall be limited by the rules of each International Federation:
 - i) Assistance administered through his or her National Olympic Committee or National Federation for:
Food and lodging
Cost of transport
Pocket money to cover incidental expenses
Insurance cover in respect of accidents, illness, personal property and disability
Personal sports equipment and clothing
Cost of medical treatment, physiotherapy and authorized coaches
 - ii) Compensation, authorized by his or her National Olympic Committee or National Federation, in case of necessity, to cover financial loss resulting from his or her absence from work or basic occupation, on account of preparation for, or participation in, the Olympic Games and International Sports competitions. In no circumstance shall payment made under this provision exceed the sum which the competitor would have earned in the same period. The compensation may be paid with the approval of the National Federations or the National Olympic Committee at their discretion.
- c) Accept prior use in competition within the limits of the rules established by the respective International Federations.
- d) Accept academic and technical scholarships.

2. A COMPETITOR MUST NOT:

- a) Be or have been a professional athlete in any sport, or contracted to be so before the official closing of the Games.
- b) Have allowed his person, name, picture or sports performance to be used for advertising, except when his or her International Federation, National Olympic Committee or National Federation enters into a contract for sponsorship or equipment. All payments must be made to the International Federation, National Olympic Committee or National Federation concerned, and not to the individual.
- c) Carry advertising material on his person or clothing in the Olympic Games, World or Continental championships and Games under patronage of the IOC, other than trademarks on technical equipment or clothing as agreed by the IOC with the International Federations.
- d) Have acted as a professional coach or trainer in any sport.

3. ELIGIBILITY COMMISSION

A Commission may be appointed to enforce Rule 26 and these By-Laws, together with Rules 1 and 3 (Fundamental Principles), 7 (Citizenship), 27 (Special Conditions), 33 (Affiliation), 48 (Reporting).

1976 OLYMPIC GAMES — FACTS

the Olympic Games will be held in Montreal from July 17th to August 1st 1976.

The programme for the Montreal Games includes 21 sports: archery, athletics, basketball, boxing, canoeing, cycling, equestrian sports, firearms, football (soccer), gymnastics, judo, handball, hockey, modern pentathlon, sailing, tennis, shooting, swimming, water polo, rowing, shooting, swimming (including diving and water polo), volleyball, weight lifting, wrestling and yachting.

The packing events will be staged at Kangaroo, on Lake Ontario.

The 1976 Olympic Games in Montreal will be being staged by the Organizing Committee, known as COJO (Central Organizing Committee, Jeux Olympiques).

The International Olympic Committee, with its headquarters in Lausanne, Switzerland, entrusts the organization of the Games to the National Olympic Committees of the country in which the Games are taking place, in Canada's case to the Canadian Olympic Association. This official body has delegated its powers to COJO, the Organizing Committee which must now correspond directly with the International Olympic Committee.

COJO's mandate ends with the Games.

His Excellency Roger Rousseau is the President and Commissioner General of COJO, which is governed by a Board of Directors and an Executive Committee.

... how the organization of the Olympic Games in general works.

The Olympic Movement is controlled by the International Olympic Committee (IOC). This is a permanent body composed by Baron Pierre de Coubertin in the name of the revival of the Olympic Games. The IOC consists of 22 members from many different countries.

The 1976 Olympic Games are self-financing. COJO's main income will come from the Olympic lottery and the sale of Olympic stamps and coins, spectators tickets, radio and television rights and licensing and concession rights.

Canada's Parliament passed a law July 13, 1973 authorizing self-financing programs.

... details pertaining to the sale of tickets will be finalized within the next few months. COJO is also working on the question of accommodations for the 1976 Olympic Games.

The official symbol consists of five rings topped by the Olympic emblem.

The podium, at the top of the stage, is symbolic of the glory of the victory and is a great source of the spirit of ceremony underlying these ceremonies. The podium is also a graphic representation of the letter "M", for Montreal, in the course of the planning the Olympic stadium, heart of the Games.

The five colored rings represent world brotherhood and not capitalism to stress the fact that the Olympic ideal is, and must remain, the very essence of the underlying

the symbol was designed by Canadian designer Georges Hébert.



the official symbol of the 1976 Olympic Games is the property of the Organizing Committee of the Olympic Games (COJO) and cannot be used by anyone under any circumstances without written authorization from the authorities concerned.

the Olympic flag is meaningful. It is composed of the different colored rings on a white background.

The five rings correspond to the five continents of the world: the six colours—the white (background) and blue, yellow, black, green and red for the circles—represent all the nations, without exception. In fact, the flags of all the countries in the world have at least one of these colours.

... popular legend attributes the foundation of the Olympic Games to Hercules, son of Zeus. They were so important that the time in ancient Greece was measured by the four year interval between the Games, called an Olympiad. Six Olympiads (four years) time ...

... the first Olympic Games can be traced back as far as 776 B.C. for about 1,200 years they were staged at intervals of four years. They were discontinued in the year 394 A.D. by decree of Emperor Theodosius.

... the first Olympic Games of the modern era took place at Athens, Greece in 1896.

... under no circumstances can the Games be postponed to another year. Their cancellation, for whatever reason, leads to the cancellation of rights for the selected City and rights to host the next Olympic Games cannot be granted to the same city.

... the places and dates when the first twenty Olympic Games of our modern era took place. For major reasons, such as world War I, Games were not staged.

1896	Athens	1892	Antwerp
1900	Paris	1896	London
1904	St. Louis	1896	London
1908	London	1900	Paris
1912	Stockholm	1896	Melbourne
1916	—Berlin	—	and Stockholm
1920	Antwerp	1896	Stockholm
1924	Paris	1896	Rome
1928	Amsterdam	1896	Tokyo
1932	Los Angeles	1896	Mexico
1936	Berlin	1932	Munich

... were not staged.

... the 1976 Olympic Games will be marked by anything: the right balance of man's intellectual and physical faculties in perfect harmony with himself.

HANKY PANKY!

After each expression, write the two rhyming words to which it refers. For example, for *spicy sausages* one you would write *sausages* about

- 1 spicy sausages
- 2 creamy bacon
- 3 cooked vegetable
- 4 single utensil container
- 5 powdered tea
- 6 most satisfactory entertainment
- 7 inexpensive special vegetable
- 8 better steaming
- 9 second male sibling
- 10 small ridiculous person
- 11 medicines (achyornal product)
- 12 halting female
- 13 delayed service
- 14 cowardly male
- 15 bleached blonde
- 16 slow magnet
- 17 clean shape
- 18 indolent flower
- 19 frenzied track
- 20 happy performer
- 21 large volontee depression
- 22 wobbly baseball player
- 23 steady piece of furniture
- 24 doubletaceous top
- 25 see their

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EDITOR



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SUNLAM CUP COMPETITION 1975

SOUTH AFRICA

Report by: Mrs. Jackie Fie, Head Judge
Representing: Mrs. Janette Anderson
Mr. Wayne Young, Gymnasts

On Friday, February 7, Wayne Young, Janette Anderson and I met at JFK in New York and began our long Atlantic journey to Johannesburg, South Africa via a 747 to Rome, Italy. We spent thirteen hours in Rome between connecting flights during which we managed to find a hotel to catch a few hours of sleep, briefly see a few of the ancient tour places, and eat pasta and fettuccini in a small Italian restaurant.

At 11:30 p.m. on Saturday, February 8, we boarded a DC10 for the next eleven-hour trip to South Africa. After 20 hours, we arrived in Nairobi, Kenya for a one hour stop before continuing for 7½ hours to our destination. We arrived in Johannesburg quite tired, but very well fed after eating the delicious meals served enroute on Airtransairlines.

Sunday, February 9

At Jan Braus airport we were warmly greeted by Mr. Ollie Anton, President of the South African Amateur Gymnastic Union, Mr. Trevor George, Public Relations Officer and Liaison for the State Department of Sport and Recreation, and Mr. Henrie Louw, Technical Director of SAAGU and Organizer of SARLAM CUP.

We were then taken by car and van to our home away from home, the Moulin Rouge Hotel in Johannesburg, where a press conference and official reception buffet awaited us. This proved to be a most wonderful beginning for the lasting friendships, many memorable cultural exchanges, and the continual growth which which we were to experience during the next week of frustration, sightseeing, training, and competition. Our new friends were Axel Lennart and Tom Wilson from England, Peter Klemm from West Germany, Ante Decker and Cor Smulders from the Netherlands, Innes Armon and Monique Arribaldi from Switzerland, Mr. Marcel Adette, Trainer from Switzerland, Mrs. Nolita Bryman, Women's National Coach of SA, Mr. Neville Graham, Men's National Coach of SA, Diane Barlow, Susan Berkenkamp, Debbie Brighten, and Heidi Jordan from South Africa. Mr. Tomo Jelanti, Head Judge for Men from Finland, was to arrive later in the week.

The reception was followed by an even more festive dinner at our special hotel dining room table, which was reserved for us at hotel meals to follow. The food and beverage selection and the variety and number of courses was fantastic and it continued to be so, with every meal being as good or better than the previous one. We enjoyed several kinds of steak, roast duck, chicken, and many kinds of fish during our stay.

Being very tired, we hoped for a long night of sleep only to find that we were waking up several times every night. It took several days to adjust to the eight hour time difference.

Monday, February 10

We were taken to the Johannesburg Civic Center for a reception and elegant luncheon buffet with the Major and Mrs. Dennis, followed by a tour of the Council Chambers.

In the afternoon, the first training was scheduled for the men at the Woden Club, a private sporting club which had facilities for golf, tennis, swimming to mention only a few, and for the women to Goedvaders Ondersteek-Kolege. Janette worked brightly hitting cold team routines, excellent bars, good high bombing and fluent Reur parts. It was obvious that she was the most mature and highly skilled gymnast there, so she set her goals in terms of total to win with her highest personal All Around total.

For the first few days, Janette noticed the 8,000-foot altitude, but by the time of the competition she had adjusted and had no problems.

Tuesday, February 11

By early morning we had already departed for Krugersdorp Game Reserve several miles northeast of Johannesburg. During the summer, the grass does not grow quite as high as in the Kruger National Park, and we were able to see many different species of wild animals that we might not have seen even after a several hundred miles north to the National Reserve. We were most impressed by the dozen or more lions that converged on the freshly dumped meat to engage in their two-a-week feeding. For at least twenty minutes we

watched and took pictures while they devoured the meat only several yards from the van. Then on to a function cookout in the center of Krugersdorp Reserve with a gracious welcome from the Major, Mr. Gouw.

That afternoon we returned to Goedvaders for a heavier workout and on Monday Janette worked all events that day and continued to impress the spectators and other official personnel in attendance. She expressed a little difficulty with the altitude adjustment during her bar routine. We then helped the South African girls in tumbling and a little floor at the end of the workout period.

Following training, we proceeded directly to the home of Mr. Rudolph Opperman, President of the South African Olympic Committee and Honorary President of the SAAGU. Mrs. Beyers Opperman and her family served delicious home dishes and a buffet supper of pasta for a group of about 35 people. Several guests took advantage of the opportunity to swim in the bimini pool and at last a most relaxing evening of conversation and group singing in German, Afrikaans, English, and Dutch language proved not barren. Mr. Opperman's domestic help were added to join with the group singing. Mr. Louw joined with them in singing the African National Anthem for which we showed our appreciation by asking for an encore. The evening was superb - the Oppermans most gracious hosts.

Wednesday, February 12

We again jet out early toward our destination, the African Village of Ndebele. The long trip was worth the journey to see the countryside outside of Pretoria and the way of life of the African. We bought souvenirs and kept Kodak in business for another day.

That afternoon we arrived in Phatone for lunch at the Boulevard Hotel and were enthusiastically welcomed by our host, Mr. Ben Kent, Head of the Department of Sport and Recreation.

The training schedule was reduced somewhat due to our long excursion. However, all gymnasts worked very hard as the competition was drawing closer.



JANETTE ANDERSON - WAYNE YOUNG - SAMIAN SOUTH AFRICAN CUP CHAMPIONS

That evening Mr. George and Mr. Lew emerged for all of us to see IFI TOMBI, a smash hit African Stage Musical, which has been a sellout for one year in South Africa. IFI TOMBI explores the heart beat of the African people in its music and dance choreography. It traces African life from Zulu and Xhosa villages to the present era, showing how modernization has influenced the religion, family customs, and present day philosophy of life of the African. "IFI TOMBI" translates color, race, or language" and it has been applauded by Germans, French, Japanese, and now Americans is enthusiastically as it has by the South Africans. Everyone felt a more basic understanding of the African culture and way of life and each of us recorded one more unequalled and imperishable memory of South Africa.

Thursday, February 13

Mr. George took all of the athletes on a long awaited shopping trip, while I was taken to Pretoria to be the guest of Mrs. Lucretia de Vos, the Women's Technical Chairman of SAABU. We reviewed the Olympic Compulsories and exchanged technical information in addition to working further on the international English Terminology project of which I am chairman and she is a committee member. We were then both guests of Mrs. Gertie de Jong for luncheon in her Pretoria home. Mrs. de Jong assists the National Coach with dance choreography and to my amazement she had a large gym in her home right off the dining area with called uneven, covered beam, and even vaulting apparatus! I recall that our visit was much too short, as it was a beautiful day and the pool looked so

inviting and relaxing. But it was necessary to go back to Johannesburg to the Portuguese Hall, site of competition, for training and the official judges' meeting at 3:00 p.m.

This was the first opportunity for the men and women to train at the competition site. Janette worked very well on all apparatus being by this time well accustomed to the altitude and apparatus, in particular the covered beam. The spectators applauded roundly and each parts of audience continuously to show their appreciation of the garments, especially Wayne and Janette.

That night Janette, Wayne, and I spent a much-needed free evening preparing for the competition and saving special USA and USGF emblems that I had brought along on their leotards and shorts.

SANILAM CUP COMPETITION 1975

SOUTH AFRICA

Friday, February 14

... was a Happy Valentine's Day with messages going to and from the USA. These communications from home helped to motivate further each of us to do a super job in whatever area was our responsibility.

That evening the women's events were to be vaulting and uneven and the men's events, floor, pommel horse, and rings.

ANALYSIS OF WOMEN'S COMPETITION SANILAM CUP 1975

Head Judge - Mrs. Jackie Fox (USA)

Mrs. Janette Anderson led the competition from the first through the last event winning the All Around and all four individual events with an impressive total of 38.10 (9.625 average). In second place a full 2.88 points behind was Miss Avril Lennox of England with 35.30. Two South African competitors, Miss Susan Sefton and Miss Delphine Bingham took the third and fourth place honors with a total of 34.85 and 34.80 respectively. In order of placing the other nations were West Germany, Switzerland, Netherlands, South Africa, Belgium, and South Africa. (See official score sheet.)

VAULTING

The vaulting event showed a performance of the 9.7 Yamashita with a representation from the "Handspring - full," "cavaliere - 3/4 turn off," and "1/2 on - 1/2 off" categories. Janette performed a fine Yama and received a 9.3 average with deductions occurring mainly for a slight insufficient degree of pike and a very slight late extension of the body in the after-flight. Avril Lennox, England, placed second with a 9.0 for a well done Yamashita. The two remaining vaults performed were lacking in full completion of twists at proper heights and before landings. The vaulting event was the least spectacular with general performance below the international 9.0 standard.

UNEVEN BARS

Mrs. Anderson won easily with a 9.68 performing with the highest level of international difficulty. In terms of her own exercise, she only missed the vertical on her low back hip throw to handstand, which of course was not recognizable to those unfamiliar with her exercise. The other errors were of minor importance.

No other gymanst came close to her in level of difficulty and performance with the exception of Miss Sefton, who touched the high bar with her foot on her

height and suffered a total deduction of 8 for the dismount. Her score of 8.68 could have been a 9.15 with a well executed dismount. All other exercises contained 3 to 4 suppon with several showing only medium element height low bar dismounts. There was very little twisting work done that was not stock with the exception of the little Swiss girl that did a rare triple full twist.

BALANCE BEAM

Janette again stole the show working at a level of difficulty matched by her grace, continuity, and maturity. Her turns were exquisitely performed on 1/2 turn, her tumbling and acrobatics solid with excellent height on her front aerial, back handspring, and dismount. Avril Lennox performed a solid routine with few minor execution errors, but lacked the full amplitude and higher difficulty necessary to break into the 9.0's. She took the silver medal with an 8.65. In general there was not a high level of risk in most of the routines, although everyone seemed to try fairly well.

FLOOR EXERCISE

In relation to international standards, floor exercise was the best event with the marks being 8.0 or above. Mrs. Anderson performed with excellent height on her full and front handspring - front with a stop out, but lost 0.3 on her final back layout somersault with a stop out for amplitude. Her composition, pace, elegance, interpretation, and total performance was her best for the four events.

ANALYSIS OF MEN'S COMPETITION at the SANILAM CUP

Johannesburg, South Africa

Head Judge - Tuomo Jaltani (Finland)

Wayne Young (USA) dominated the men's competition starting a 6.20 all around... not a bad score considering he took an 8 deduction on the Sels-Hore. Tim Wilson (England) took the silver medal with a score of 5.90, a full 2.30 points behind Young. Third place went to the South African's Francois Stander with a score of 5.85.

FLOOR EXERCISE

Tim Wilson won FX with a score of 9.30. Wilson mounted with a double back and dismounted with a double twist. The exercise was clean and the tumbling fairly high, but he missed a press which kept him out of the 9.0 range. Young, 2nd place, scored well (9.2) considering his

was the first routine of the competition and he took several steps out of his dismount (double twist), causing him to step out of bounds.

SIDE HORSE

Stander (South Africa) showed surprisingly good Side Horse with difficulty par with top international competitors. Sweng was fair and form excellent, but a break in his spines depressed his score on an otherwise good exercise. Stander won with a score of 9.29.

RINGS

Young, last competitor on Rings, set an appropriate finish to the competition of the first night. With excellent straight arm work and a 1 1/2 to 1 1/2 out dismount, Young scored 9.65, to win first place. C. Smulders (Netherlands) was second with a score of 9.10.

LONG HORSE

This event lacked the excitement seen now in international competition. Only Young (USA) and Annaboldi (Switzerland) did vaults on par with international competition. Young took first (9.65) with a Tukahara with a full twist (1/2 in U/2 out) and Annaboldi took second (9.20) with a Tukahara.

PARALLEL BARS

This event was probably the most exciting event of the evening. Francois Stander (South Africa) using good originality along with a change to a handstand, scored a 9.45. Young, who followed, did just a little better job, however, scoring a 9.65 to win the event.

HIGH BAR

High Bar seemed to be a poor teacher for the men's competition. There was a number of mixed performances and not much in the way of real outstanding work. Young, with a score of 9.65, struck gold again on this event. Francois Stander (South Africa) with a double leg Kras Krafte to double Germans, and a straddle leg vault to reverse gamp, was the only other competitor to show the difficulty, risk, and originality we like to see on this piece of equipment. Unfortunately, Stander had some errors on this event and was only scored 9.00.

Saturday, February 15

In the morning I had the opportunity to sit in on the SAAGU Congress, which was held at the Moulin Rouge Hotel. In the afternoon I had the privilege of addressing the WTC representatives,



JANETTE ANDERSON RECEIVING HER TROPHY

judges and coaches representing the provinces of Cape, Natal, Transvaal, and the Orange Free State, the four provinces of South Africa. We discussed judging, organization of judges, the Elite Program, Coach/Judge Symposium, the '78 Olympic Compulsory Exercises and various other informative gymnastic subjects that they wished to hear about in relation to the USGF Gymnastic Program.

The evening competition featured Women's balance beam and Floor Exercises and Men's Long Horse, Parallel Bars, and Horizontal Bar.

Wayne and Janette vied with each other for the highest score of the meet and tied, each achieving a 9.66 - Janette on Floor and Wayne on bars. They again bat four events for four and Janette won by 0.10, creating her with one two bar Judge number which to my knowledge the USG has not collected. This type of friendly competition further inspired each of them to do the outstanding job they did.

There were no double fails and only a small jazz contest in the remaining routines. Young Miss Debbie Brigham, South Africa, showed much potential in this meet. In general, the height and level of difficulty of routines was talking as was the choice of music and level of dance composition.

The highlight of the competition was the appearance of the two USA gymnasts

on the Eric pieper All Around podium. Mr Gary Player, South Africa's Athlete of the Year, presented the large silver cups to Wayne and Janette to the reported applause and cheer of the standing room only crowd. The podium and most moving moment of the competition for Wayne, Janette, and me was the opportunity to stand for the full playing of the Star Spangled Banner with seven gold individual plus medals and two All Around trophies as evidence of our growing superiority in the world of gymnastics.

The South African Amazulu Gymnastic Union and SANLAM could indeed be proud of the manner in which they conducted the international competition and in the high showing of the gymnasts, despite their exclusion from the World Competition scene.

We are grateful for the opportunity to have been a part of the 6th Annual SANLAM CUP and sincerely hope that we have helped South Africa move closer to their goal of higher international level of performance.

Following the competition, the SAAGU hosted a banquet and dance for about 100 people - gymnasts, officials, organizers, dignitaries - in the Portuguese Hall, which proved to be another great event commemorating the 1976 SANLAM CUP. Mr Ollie Anthoni addressed the guests and especially thanked the South African Life Insurance

Company (SANLAM) for its total and continuing sponsorship of this international competition. Presenbtions and awards were given to all athletes and judges with each visitor to South Africa receiving a springbok skin and commemorative medal.

Visiting delegations then expressed their gratitude and thanks. On behalf of the USGF and our Executive Director, Mr Frank Bain, I presented Mr Anthoni with a silver plate with the seal of the USGF as a token of our appreciation for the opportunity to take part in the SANLAM CUP. We expressed our thanks to SAAGU and SANLAM for the marvellous hospitality and lasting memories and friendships that we would carry with us always.

SUNDAY, February 18

The sun finally came out in Johannesburg to add brilliance to the final BBQ and swimming/banana party held at Mr. and Mrs. Anthoni's lovely home. The afternoon was the grand finale to a most memorable week abroad. With the music of IPI TONIGHT in the background, we said our goodbyes and exchanged our last little gifts. We reported these means goodbye and "Auf wiedersehen" at the Johannesburg airport and again in Rome, when we parted from our fellow athletes and officials to return once again to the USA.

Our trip was SUPERB!! FANTASTIC!! The congeniality and friendship OUTSTANDING!!

SCORE SHEET - TELKAART

三國志

C. Lengen	Germany	3.40	7.70	2.20	2.50	23.00	?
D. Barnes	South Africa	3.25	7.30	2.45	3.00	23.45	?
A. Lemes	England	3.60	7.70	2.95	2.00	25.30	?
S. Gerken	South Africa	3.45	7.30	2.60	2.65	29.95	?
P. Koenen	Germany	3.70	7.70	2.70	2.65	34.65	?
D. Barnes	South Africa	3.60	7.40	2.10	2.60	24.65	?
A. Dakar	Mathematics	3.35	7.50	1.55	2.45	24.40	?
H. Jordan	South Africa	3.40	7.35	2.25	2.40	23.25	?
J. Barnes	Engineering	3.70	7.75	2.40	2.60	24.70	?
J. Anderson	U.S.A.	3.20	7.10	2.55	2.65	24.65	?

卷二

F. Sander	South Africa	9.45	2.26	1st	9.45	2nd	9.45	3rd	9.45	4th
T. Wilson	England	1st	7.32	1st	7.32	2nd	7.32	3rd	7.32	4th
A. Gittins	South Africa	8.90	4.26	—	8.90	—	8.90	—	8.90	—
C. Smithson	North Africa	37	9.60	1st	9.60	2nd	9.60	3rd	9.60	4th
A. Daniels	South Africa	37	9.60	2nd	9.60	3rd	9.60	4th	9.60	5th
M. Aronoff	South Africa	37	9.60	3rd	9.60	4th	9.60	5th	9.60	6th
R. Gardner	South Africa	37	9.60	4th	9.60	5th	9.60	6th	9.60	7th
W. Young	U.S.A.	3rd	9.26	2nd	9.26	3rd	9.26	4th	9.26	5th

S.A. Cup

1ST U.S.G.F. NATIONAL ELITE QUALIFICATION MEET

FEBRUARY 21, 22, 1975

BY BARBARA THATCHER

Of the 40 talented gymnasts assembled for closing ceremonies, marking the first U.S.G.F. National Elite Qualification Meet of 1975, 11 had reason to be pleased. For these young ladies had earned the necessary 8.75 compulsory/optional average needed to secure a place at the U.S.G.F. Gymnastics and a chance at the Pan American Games.

It was not an easy competition for them and by the end of the two day meet, February 21-22, many girls were smiling, but smiling mainly to hold back the tears. A total score of 70.60 at the regional level was needed to enter the meet, held at Valley Forge Military Academy in Wayne, Pa., hosted by the Philadelphia Gymnastic Center, and also required at the meet to advance to Nationals. Although all the girls will get another chance to qualify at the second trials in Reno, Nevada, the disappointment of the competition could be seen clearly on many of the young faces.

Diane Dunbar, Rosemarie Pearce and Nancy Tracy, international veterans and familiar names at the national level, captured the first three all-around places respectively. Diane compiled an impressive 73.26 total while Rosemarie followed at 71.92 and Nancy finished with 71.10. Diane, a 16 year-old from Pleasanton, California, was the lone representative of the 1974 World Games team. Rosemarie, of the Philadelphia Gymnastic Center, and Nancy, from Eugene, Oregon, were the only past Olympians. Each lived up to her past credits and international credentials, rendering sophistication and grace to the meet.

It was predictable that these three would claim top honors, it was nearly as unpredictable or difficult to guess who the other qualifiers would be. It should be mentioned that Diane, Rosemarie and Nancy did not have to be in the Meet since each had already qualified for Nationals. Many national champions at the Junior and Senior levels emerged as Elites this season to face the challenge of the new Olympic competitors, plus the pressure of intense, high level competition. A few met with astounding success. The additional qualifiers are: Cale Dowsalby 71.00, Carrie England 70.92, Denise Walker 70.90, Leslie

Wolberg 70.80, Kelly Munoz 70.80, Trish Reed 70.80, Debbie Wilcox 70.40, and Donna Payton 70.30.

Four squads with 10 girls in each were organized for competition. Squads A and B competed first on Friday and Squads C and D competed first on Saturday. Friday's two sessions covered beam and vaulting and Saturday's program was bars and floor exercises.

At a little past noon on Friday, the first two squads entered the competition area for compulsory beam and vaulting, warmed up for an additional five minutes and proceeded. Meet Referee Jacobs had watched and judged and first girl on both events for reference in case of later events. The judges appeared to be looking for several things on beam, especially good rhythm. The girls who were more aggressive and less hesitant seemed to her the best. However, just as important as rhythm was the execution of the various elements, notably the split leap, one arm cartwheel, full turn (on the ball of the foot) into the half turn (also on the ball of the foot), the handstand and dismount. The handstand was a particular problem for many girls and few truly marked the position, then split, then stag, then split again. Also there were problems with early landing on the dismount. Some girls did the half turn right off the beam, never achieving a straight body position.

Diane Dunbar had the highest mark of 8.9. Her handstand was good and she worked very lightly. However, on her dismount she landed a bit early. Right behind Diane was Pam Spira, of Houston, Texas, at 8.85. Good execution and rhythm characterized her routine and the only down were a slight bobble on the handstand and turns. Most of the other scores fell in the 7.75 to 8.0 category with one way below at 8.75.

Vaulting was a different story altogether. No score was below 8.25 and most were about 8.75. This is understandable since the vaults were, at one time, a fairly standard optional vault and so most of the girls were familiar with it. Five vaults were executed by Jim Anthony, of the Philadelphia Gymnastic Center, Kelly Munoz, of the Long Beach, CA KIPS, Susan Archer, also from the KIPS, and Diane Dunbar, all at 9.0. Rosemarie Pearce finished first in compulsory vaulting, though, with a 9.4, her highest score in the meet.

In optional that evening, beam was again a problem area. Diane won the event adding a 9.3 optional to her compulsory score. She executed a slightly modified but cleaner routine than the one she used in Bulgaria. She dismounts with a tuck, back full off and her mount was a jump-on at the end of the beam from a two-foot takeoff. Pam Spira, who had been a contender for top honors, fell on her mount and consequently dropped to 8th place. Cale Dowsalby, of the Southern Connecticut Gym Club, finished second, while Openi Payton, from Louisville, Ky., and Denise Walker, also from S.C.G.C., tied for third. Diane had mounted considerably in the past year. Her routine was very polished and contained a good deal of originality, plus a nice front walkover mount, front aerial, front walkover to pike to back walkover (back tuck), handstand to swing down then swing up from the flip off the side. Denise Walker had a routine with a front aerial and back handspins. She dismounts with her walkover on the side of the beam to a front tuck off.

Had she not had such a low compulsory score (8.10), Kelly Munoz could very well have been among the top three. She turned in a beautiful performance with much flair and style. Kelly received 9.0 for her efforts and her routine included front aerial mount, front aerial, back flip, back handspins, and a front 1-1/2 tuck off.

Sharing the center stage with beam was optional vaulting. Diane won her second individual event with a 9.3 yamashita 1/2 twist. Rosemarie was second, scoring 9.2 for a 1/2 twist on, 1/2 twist off. Jim Anthony and Trish Reed, of Denver, Colorado, tied for third, Jim scoring 9.2 for a yamashita 1/3 twist and Trish receiving 9.4 for a terrific round off back. Trish's second attempt at this vault was much better than the first -- so good, in fact, that the 9.4 posted was met with protest and eventually re-evaluated. In the optional session, Trish had the biggest vaulting score.

So, at the conclusion of Friday night's events, ten girls were at 35.60, halfway to their goal. Several others in the high 24 range still had a chance to qualify and two of them, Debbie Wilcox and Carrie

FIRST USOF NATIONAL ELITE QUALIFICATION MEET

Englert, eventually did. The top ten in order following beam and vaulting were Diane Dunbar 36.60, Roxanne Pierce 36.00, Trish Read 35.80, Donna Peyton 35.55, Kelly Munce 35.50, Cole Dowdby 35.45, Tamie Marville 35.30, Nancy Thies 35.25, and Diane Walker and Leslie Worthberge at 35.00. A careful examination of that order shows that the final outcome was hardly predictable and that during the next day's events there was quite a bit of shifting in the all-around.

Although Diane Dunbar eventually won beam, she did not have the best score in her compulsory. Debbie Weiske, a Arkansas senior national champion from Colorado, had the highest score, a 9.5, and could easily have finished first but a fail in options on her dismounts dropped her down to 8.4.

Basically what the judges appeared to be looking for was good execution on the bars (straight body, not wavy, arms above horizontal), a deep cradle position on the half turn and a high, controlled finish with solid landing. Debbie showed most of the elements with fine technique and no breaks in rhythm. Her compulsories especially good and also her finish (Diane had a nice set, coming almost to a handstand before her finish and almost striking straight arms and high) before setting it down.

A beautiful compulsory was presented by Kelly Munce and she matched it with an impressive optional to finish second to Diane in the event. Her compulsory showed lovely straight body bars and a straight, solid finish which she stuck to earn 9.15.

Although her kips were slightly rocky, her routine moved well and her height was good to Carrie Englert received a 9.1, as did Leslie Worthberge. With a few options, Carrie finished in a tie with Amy Tubs for third. Carrie is a teammate of Nancy Thies and although a newcomer to all-around proved to be a fine, consistent performer.

Most of the compulsory bar scores ranged from 8.5 to 9.0.

As on beam, rhythm was an important factor in determining compulsory floor exercise scores. Judges seemed to be looking for gymnasts who worked with the music and also executed the elements well. The handstand turn, although just a small part of the routine, was important and many of the girls did not even reach and show the vertical position. Many also

had crooked tumbling passes and low leaps.

The highest score was 9.05 and went to Diane Dunbar, Nancy Thies and Carrie Englert. The rest of the scores fell between 8.4 and 8.8. Nancy's performance was very impressive and her first tumbling pass, split leap and landing were nicely done. Diane showed much more feeling for this routine than for beam and gave a rhythmic, smooth performance. Carrie's routine was not smooth but it was dynamic and her leaps well executed. A definite surprise was the performance of Jeanne Beaulie. She rated a 9.1 compulsory score and turned in an outstanding optional to finish in a tie with Carrie for first on floor. Her routine was crisp with good leaps and all elements (crisscross, handstand, cartwheel) done with great control.

By Saturday evening it was clear that many gymnasts did not have a chance in the world of qualifying but others still had hope in spite of all the girls' credit that they kept going and did not give up.

A 9.2 was the highest score on optional bars and it went to Diane Dunbar and Amy Tubs, of Miami, Florida. Diane finished with a squat over the low bar and dismounted with a full twirling kick from the high bar away from the low bar. Amy mounted with a jump 1/2 turn, lip on the low bar and dismounted with a cradle kick from the high bar. Her routine also included a cast to a handstand on the high bar, 1/2 turn, stomach whip, back, uprise and stomach whip full cast on low bar. But because of her compulsory score, Amy finished in a tie for third with Carrie Englert. Carrie's routine included a full twist catch from a front support on the high bar, a stomach whip on the low bar, several other interesting between-the-bar combinations, and a full twisting hechti from the high bar away from the low bar.

Finishing second with a combined score of 18.30 was Kelly Munce, who worked a very smooth cast. Her bar routine consisted of free front bar circle mount, front somersault over the low bar, catch the high, 1/2 turn, drop bar to double leg sheet over the low bar, lip to the high bar, cast to handstand, 1/2 turn, stomach whip to high cradle over low bar, long hand lip to high bar, cast to front sole circle on high bar, to stand on low bar, release and regrip bar to back sole circle catch high bar, 1/2 turn drop bar to double leg overhand, lip to high bar, last bar cradle, backflip, height with a full burst from high bar over low.

In floor exercises, the influence of the new modern style of Touschev's was

apparent. Diane Archer, in particular had a very exotic routine with much head and body movement. The judges seemed to like the originality and awarded her a 9.0. But the winners of this event were Jeanne Beaulie and Carrie Englert, with an 18.20 total. Jeanne's routine was light and precise. Her tumbling showed some originality and included roundoff, flip flop, full twist, round off, flip flop, arabian front flip, front aerial (which she finished with her hands on her hips), roundoff, layout, pause, and a neat front aerial to her seat (done not by accident but on purpose). Carrie's routine had resonance elements but her tumbling pass with roundoff, flip flop, full twist was a little weak.

Leslie Worthberge tied for second with Nancy Thies and showed glorious tumbling including a roundoff, flip flop, double full. Her double full looked as high as many of the single full thrown that evening. She also executed a handspring, front flip and roundoff, flip flop, full twist. Her whole routine was very springy and light.

Nancy Thies again used her "2000 Space Odyssey" theme and combined nice dance and adequate tumbling such as a roundoff, flip flop, full twist and a handspring, layout from flip.

Many of the girls increased their difficulty by combining front and back tumbling such as front handspring, front flip into roundoff back, or roundoff, flip flop, back. Several girls also tried to tumble out of back falls and there were a few nice combinations using back handsprings to and from the floor.

Diane Dunbar could have easily won floor but a mistake in her handspring front tumbling pass left her out of time with the music and it took her several seconds to recover. This mistake dropped her down to 7th place. Roxanne Pierce could just as easily have won bars but a stop on the high bar attempting an immediate move and subsequent dip below, but not off the bar, hurt her chance of winning and she finished in fifth. Which shows that even for the top three, the meet was not entirely even at the beginning.

The meet was well organized and ran smoothly. The only negative comments heard were the absence of individual awards, which are rarely given at qualifying meets, and the competition equipment not being exactly like the warm-up equipment. Special awards were given for originality, risky routines and a special silver bowl was given to Marci Greenfield for her contributions to gymnastics.



All-Around winner Diane Dunbar receiving her award at Valley Forge



Muriel Grossfeld receiving award for contributions to gymnastics



Donnelly Special Awards
Peyton — Most Creative Floor
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**FIRST USGF NATIONAL
ELITE QUALIFICATION MEET**

Who's Who Gymnastic

1973



United States Gymnasium.

Journal of Oral Rehabilitation 2000, 27, 1000-1005

QUARKEY, FRANK J. —
1922/12, Toronto, Ac. 6577
1922, Box 400, Item 26 National
Archives, Ottawa, and in
"Canadian War and Armistice
1914-1918," Vol. 2, Part 1,
pp. 1032 and 1033.

16

"Who's Who in Gymnastics"

1976 WHO'S WHO IN GYMNASTICS

Compiled and edited by the U.S. Gymnastics Federation

The 1976 Edition is being compiled and is destined to be larger and more informative than the original edition. All those appearing in the 1973 Edition will remain and new names from all parts of the gymnastics world will be added. Judges, gymnasts, officials, equipment representatives and enthusiasts are all included, along with biographical information and honors achieved, present position and address. To be a part of this newest and most up-to-date publication for gymnasts, please complete the following and mail immediately. (Deadline for entries is October 1, 1975.)

HERE IS HOW YOU CAN BE PART OF THE 1976 EDITION. (Complete the following - please type or print)

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

BIRTHDATE _____

Resume of your activities in gymnastics. Include earliest to latest achievement in that order, past records, present profession. Limit your entry to 100 words please. We reserve right to edit all copy, for sure.

Cross the square that applies to you. (8)

You were a 1973 registrant.

Your resume will be printed in the 1976 edition exactly as it was in the 1973 edition; however, if you wish to update your resume, adding additional honors, awards, complete events, etc., there will be a \$5.00 fee. Just list the changes in the resume space above and mail with the \$5.00 fee. If, in addition, you wish to purchase a copy of the 1976 edition, the cost is \$10.00. The total cost will be: (1) Resume change only . . . \$5.00 (2) Book only . . . \$10.00 (3) Resume change and book . . . \$15.00 Please mail applicable fee to the USGF Box 4699, Tucson, AZ 85717.

You want to be a 1976 Registrant.

Complete the information as requested above and enclose check for \$13.00 made payable to the USGF and mail to the USGF, Box 4699, Tucson, AZ 85717. Price includes the 1976 edition of "Who's Who in Gymnastics," personalized copy and registry within that edition.

USGF 1975 CONGRESS

DENVER, COLORADO

NOVEMBER

Nov. 15, 16, 1975

at

The Denver Marriott

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NATIONAL HIGH SCHOOL
COACH OF THE YEAR AWARD
1975

The National High School Gymnastics Coaches Association honors its coaches of the year for the first time in 1975. There are many outstanding coaches in the nation who deserve recognition for their efforts contributing to the growth of high school gymnastics.

The methods of qualifying for this honor are as follows:

1. The nomination must be made by a state coaches association or its equivalent.
2. The individual must be a current member of the NHCSCA.
3. The nominee must be a current gymnastics coach of an accredited high school.

The following information must be submitted with the nomination:

1. A brief resume of the nominee's background in high school gymnastics coaching.
2. A statement explaining the method of selection by the nominating association.
3. A picture of the nominee.

Please submit this information prior to the deadline of June 1, 1975 to:

Mike McFadons
Pra: NHCSCA
1470 Kirtland
Ann Arbor, Michigan 48103

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Borchers John	1968	Bottigelli Gall	1969
Burner Larry	1969	Broch Doris	1969
Teary Dennis	1969	Richardson Sharon	1969
Greenfield Abbie	1969	Gronlund Marlene	1969
Orlitzky David	1969	Maynard Betty	1969
C. Queen David	1969	Menzinger Marla	1969
Lynn Robert	1970	Tobin Arch	1969
Varga Armando	1970	McClintock D. R.	1969
Salvatore Melvita D.	1970	McLoring Linda Jo	1969
Kirchell Russell Duncan	1970	Courtesy Kathryn	1969
Durak Ronald	1970	Wulffers Marla Sue	1969
Wales George Richard	1970	Glossner Kirby	1969
Shapiro Arthur David	1970	Tanzer Joyce	1969
Hartshorne Fred	1970	Wacker Carolyn	1969
Leacock Arno	1970	Healy Dennis	1969
Hug Steve	1970	Rugby Cindy	1969
Thur David	1970	Malvinae Colleen	1969
Cohen Bruce	1970	Clara Klasberg	1970
Frankenstein Sidney	1970	Purcell Rosemarie	1970
Whitlock Diane	1971	Moore Joan	1970
Winters Jay	1971	Pike Jane	1970
Young Wayne	1971	Dunbar Diane	1971
		Pike Debbie	1971
		Anderson Jennifer	1971

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Enjoying buffet sponsored by the Gymnastic Academy of Hawaii
Ralph & Helen Arthur, hosts

Photos courtesy of DICK CRELEY

SUMMER JOB OPPORTUNITY

The TOPS (Turners of Phillips Six) Gymnastic Club at Phillips Petroleum Company, Bartlesville, Oklahoma, is planning on hiring two people to assist with their summer gymnastic program. The job would go from the 3rd or 6th of June to the 15th or 22nd of August. The salary is \$1200 per person for the summer and the job would consist of helping 3-4 hours a day with a beginning instructional program and 3-4 hours with the competitive team. We also are planning clinics, camp-pieces and a variety of other activities for the gymnasts that you would be involved with.

The girls team consists of approximately 40 (USGFI) beginner level gymnasts, 12 intermediate, 6 advanced and 1 elite. The boys team consists of approximately 30 boys ages 8-17 with varied abilities. The beginner instructional program could involve as many as 300 children.

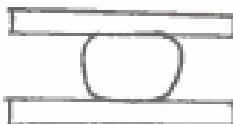
Interested people should contact:

Randy Schumacher, Coach
TOPS Gymnastic Club
B-20 Adams Bldg
Bartlesville, OK 74004

Please send a list of references, job experience, competitive experience, educational background, age and anything else that would be of interest.

If you have any questions, please feel free to call me at ACT 918 861 5826.

Randy Schumacher, Coach



IDENTIFY THE ABOVE PICTURES

ATTENTION!!!!!!

ANY PERSON WHO WANTS TO BE CONSIDERED FOR THE POSITION OF COACH OR MANAGER OF THE 1976 WOMEN'S OLYMPIC GYMNASTICS TEAM SHOULD MAKE APPLICATION TO

MRS. SHIRLEY BRYAN
2819 NO HAMPTON COURT
CHICAGO, ILLINOIS 60614

ALL APPLICATIONS WILL BE REVIEWED BY THE WOMEN'S OLYMPIC GYMNASTICS COMMITTEE BEFORE A FINAL SELECTION IS MADE. THE DEADLINE FOR APPLYING IS MAY 1, 1975

USGF ELITE CHAMPIONSHIPS

USGF ELITE NATIONAL CHAMPIONSHIPS OF THE U.S.A. FOR MEN AND WOMEN AT SOUTHERN ILLINOIS UNIVERSITY, CARBONDALE, ILLINOIS ON JUNE 11, 12, AND 13, 1975 CONTACT BILL MEADE AND HERB VOGEL

CORRECTION:

1975-80 AGE
GROUP COMPULSORY FILMS
INFORMATION OF 1/2/75
INCORRECT! ADVISE ALL
PERSONNEL IMMEDIATELY OF
THE FOLLOWING CORRECTIONS.

The films of the National Championships will be available from The Athletic Institute, 705 Merchandise Mart, Chicago 60654. The films will be available in super 8mm sound cartridge and 16mm sound reels, both in color. Each reel

will be self-contained with floor exercises, balance beam, uneven bars, and vaulting. All films will have voice over describing movements, and music for floor exercises.

Estimated Costs:

Super 8mm color/sound	\$140-\$160
Beginner Level	\$140-\$160
Intermediate Level	\$140-\$160
Advanced Level	\$140-\$160
16mm color/sound	
Beginning Level	\$199
Intermediate Level	\$199
Advanced Level	\$199

DATES TO REMEMBER

1. **NCAA CHAMPIONSHIPS AT INDIANA STATE UNIVERSITY, TERRE HAUTE, INDIANA, ON APRIL 3, 4, AND 5, 1975.**
2. **USGF COMPETITIVE RHYTHMIC GYMNASTICS COMPETITION — HUNTER COLLEGE, NEW YORK CITY, INDIVIDUAL COMPETITION, APRIL 12; GROUPS, APRIL 19. CONTACT MONICA VOLKMANN, CHAPIN SCHOOL, 100 E 110 AVE., NYC 10038.**
3. **NATIONAL YMCA CHAMPIONSHIPS FOR MEN AND WOMEN, DAYTON, OHIO WRIGHT STATE UNIVERSITY ON APRIL 18 AND 19, 1975**
4. **USGF 3RD ELITE QUALIFICATION ROUND FOR GIRLS RENO, NEVADA, ON APRIL 26 AND 28, 1975**
5. **EUROPEAN CHAMPIONSHIPS FOR WOMEN, SKIEN, NORWAY ON MAY 3 AND 4, 1975**
6. **USGF ELITE QUALIFYING MEET FOR MEN EAST, CONTACT DAVE THOR, TEMPLE U., MID EAST, CONTACT BILL ROETZHEIM, U. OF ILLINOIS AT CHICAGO CIRCLE CAMPUS, MIDWEST, ED GARNER, IOWA STATE U., AMES, IOWA, WEST, HAL FREY, U. OF CALIFORNIA, BERKELEY, ON MAY 3 OR 10, 1975**
7. **NATIONAL AAU SENIOR NATIONAL CHAMPIONSHIPS FOR MEN AND WOMEN AT KENNEDY SR. HIGH SCHOOL, CEDAR RAPIDS, IOWA ON MAY 16, 18 AND 19, 1975.**
8. **FIG INTERNATIONAL MEETINGS, BERN, SWITZERLAND, ON MAY 28, 29 AND 30, 1975**
9. **EUROPEAN CHAMPIONSHIPS FOR MEN, MAY 31 TO JUNE 1, BERN, SWITZERLAND**
10. **GYMNAESTRADA IN BERLIN, GERMANY ON JULY 1 TO 4, 1975.**
11. **USGF NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS FOR BOYS IN IOWA CITY, IOWA AT THE UNIVERSITY OF IOWA (DETAILS PG 24)**



1975 SPORTS PARTICIPATION SURVEY

Compiled by

THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
400 Leslie Street - P. O. Box 98 - Elgin, Illinois 60120

Based on Competition at the Interscholastic Level

	BOYS		GIRLS	
	Number of Schools	Number of Participants	Number of Schools	Number of Participants
ARCHERY	8	128	253	3,548
BADMINTON	1,264	13,694	1,588	24,071
BASEBALL	14,680	408,310	16	423
BASKETBALL	20,011	688,690	11,654	307,608
BOWLING	780	9,588	789	9,902
CREW	36	116	-0-	-0-
CROSS COUNTRY	10,135	214,840	1,009	12,301
CURLING	940	6,151	336	3,164
DECATHLON	161	397	-0-	-0-
DRILL SQUADS	30	900	50	2,500
FASTBALL	-0-	-0-	29	733
FENCING	91	1,394	64	471
FIELD HOCKEY	37	1,003	1,897	39,106
FOOTBALL - 11 man	14,281	1,011,809	-0-	30
8 man	621	14,548	1	12
6 man	180	3,771	-0-	-0-
12 man	627	41,573	-0-	25
Flag	8	180	3	50
GOLF	9,998	185,813	2,173	17,956
GYMNASTICS	1,697	36,834	2,835	61,424
ICE HOCKEY	670	27,431	26	96
LACROSSE	232	5,810	10	3,018
PENTATHLON	50	75	-0-	-0-
RIFLERY	333	5,112	26	471
RUGBY	325	7,313	-0-	-0-
SKIING	631	11,584	315	7,341
SOCCER	3,356	98,482	409	10,717
SOFTBALL	205	3,457	5,081	110,140
SWIMMING	4,062	114,645	2,705	73,946
TABLE TENNIS	189	1,211	97	571
TENNIS	7,781	134,208	5,609	84,495
TRACK & FIELD (Indoor)	1,362	39,168	238	8,232
TRACK & FIELD (Outdoor)	17,102	667,974	10,387	299,215
VOLLEYBALL	2,583	43,050	8,610	198,313
WATER POLO	385	10,644	-0-	-0-
WEIGHTLIFTING	36	951	-0-	-0-
WRESTLING	9,130	319,048	-0-	-0-

NHS GCA

GIRLS STATE-COUNTRY	GYMNASTICS		BOYS		GYMNASTICS	
	No.	Particip.	No.	Schools	No.	Particip.
ALABAMA	30	180	ALABAMA			
ALASKA	12	120	ALASKA			
ARIZONA	22	250	ARIZONA	18	300	
ARKANSAS	20	1,000	ARKANSAS			
CALIFORNIA	201	7,182	CALIFORNIA	125	3,493	
CANADA			CANADA			
Alberta	35	262	Alberta	7	111	
British Columbia	75	626	British Columbia	38	440	
Manitoba	39	333	Manitoba	27	257	
New Brunswick			N. Brunswick			
Newfoundland			Newfoundland	21	335	
Nova Scotia	28	700	Nova Scotia	279	3,985	
Ontario		1,447	Ontario			
Saskatchewan			Saskatchewan			
COLORADO	122	1,300	COLORADO	50	1,500	
CONNECTICUT	33	560	CONNECTICUT	16	248	
DELAWARE	1	29	DELAWARE	1	33	
DIST. OF C.OL.			DIST. OF C.OL.			
FLORIDA	37	695	FLORIDA	24	381	
GEORGIA	68	2,040	GEORGIA	70	2,100	
HAWAII	5	77	HAWAII	5		
IDAHO			IDAHO			
ILLINOIS	110	3,500	ILLINOIS	88	3,250	
INDIANA	940	2,200	INDIANA	50	1,000	
IAWA			IAWA	18	370	
KANSAS	39	780	KANSAS	32	840	
KENTUCKY	27	324	KENTUCKY	15	340	
LOUISIANA	30	460	LOUISIANA	28	490	
MAINE	31	715	MAINE	10	115	
MARYLAND	35	570	MARYLAND			
MASSACHUSETTS		2,177	MASSACHUSETTS		1,400	
MICHIGAN	95	1,425	MICHIGAN	33	485	
MINNESOTA	200	5,401	MINNESOTA	66	1,282	
MISSISSIPPI			MISSISSIPPI			
MISSOURI	39	962	MISSOURI	21	417	
MONTANA	22	380	MONTANA	20	290	
NEBRASKA	27	760	NEBRASKA	30	1,200	
NEVADA			NEVADA			
NEW HAMPSHIRE	2	20	NEW HAMPSHIRE	2	10	
NEW JERSEY	63	2,490	NEW JERSEY	52	3,120	
NEW MEXICO	22	270	NEW MEXICO	14	300	
NEW YORK	266	2,000	NEW YORK	120	1,450	
N. CAROLINA			N. CAROLINA			
N. DAKOTA	24	884	N. DAKOTA			
OHIO	263	3,721	OHIO	92	1,600	
OKLAHOMA			OKLAHOMA			
OREGON	72	1,440	OREGON	44	880	
PENNSYLVANIA	61	1,230	PENN.	45	1,300	
RHODE ISLAND	23	492	RHODE ISLAND			
SOUTH CAROLINA	15	300	S. CAROLINA			
SOUTH DAKOTA	35	610	S. DAKOTA	4	80	
TEXAS			TEXAS			
UTAH	29	400	UTAH			
VERMONT	20	428	VERMONT	17	191	
VIRGINIA	106	1,620	VIRGINIA	50	500	
WASHINGTON	111	2,525	WASHINGTON	46	1,123	
WEST VIRGINIA			W. VIRGINIA			
WISCONSIN	105	5,077	WISCONSIN	40	1,316	
WYOMING	12		WYOMING	12		

The National High School Gymnastic Coaches Association would like to honor All American Gymnasts for the 1974-1975 school year.

A. The Qualifying Standards are:

Long Horse	8.80
Flage Exercise	8.60
Parallel Horse	8.45
Horizontal Bar	8.45
Parallel Bars	8.40
Still Rings	8.45
Trampoline	8.60
All Around	47.00 or a 7.80 average for all the events contested in the All Around

B. Method of Qualifying:

To qualify a gymnast for this award, a coach must submit an average score, based on the best five (5) scores for an optional rating.

1. The coach must be a current member of the NHS-GCA.
2. At least two of the scores must be from a tournament of at least five or more teams.
3. An average score must be used (At least three judges).
4. Score sheets, or photocopies of the score sheets, with the signature of a judge and athletic director must be submitted with the average score.
5. National Federation Rules and Interpretations will be the basis for scoring scores.

C. Include with the Nomination:

1. A picture of the Gymnast (Action shot if possible).
2. Age of Gymnast.
3. Grade of Gymnast.
4. Events worked by the Gymnast.
5. Winning trophies of the Gymnast.
6. Future goals of the Gymnast.

D. Deadline for nominations for 1975 is June 1, 1975. Send to:

Ron Jackson
Aurora Central High School
1090 Newark Street
Aurora, Colorado 80011

Men's USGF Junior Olympic Age-Group Program

To: USGF Regional and State Technical Directors:

The enthusiasm shown throughout the country for the Men's USGF Junior Olympic Age-Group Program has been gratifying. The new Men's Rules for Competition 1975-76 is being adopted all over the country and has been adopted by the AAU and the YMCA's. These exercises are graduated exercises leading to the Olympic Exercises, thereby creating a proper path to the Olympic Games.

JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

- A. The USGF Junior Olympic National Championships is a conclusion to all the USGF Local, Sectional, State and Regional Meets.
 1. Local and Sectional meets may be held at any time prior to May.
 2. USGF Junior Olympic State Meets will be held in May of each year.
 3. USGF Junior Olympic Regional Meets will be held in June of each year.
 4. USGF Junior Olympic National Championships will be held in July of each year.
- B. Eligibility for entry:
 1. Junior Division (ages 12-14) gymnasts who score a combined total (Compulsory & Optional Exercises) of 75.0 points using the Intermediate Compulsory Exercises in USGF Jr. Olympic Regional Meet are eligible to compete in the Junior Division. Limit 3 entries per Region.
 2. Senior Division (ages 16-18) who score a combined total (Compulsory & Optional) of 80.0 points using the Advanced Compulsory Exercises in a USGF Jr. Olympic Regional Meet are eligible to compete in the Senior Division. Limit 3 entries per Region.

The USGF Junior Olympic National Championship for Men will be held at the University of Iowa in Iowa City, Iowa, on July 18, 19, 1976. The competition will be for the Junior Division 12 to 14 using the Intermediate Compulsory Exercises, and the Senior Division 16 to 18 using the Advanced Compulsory Exercises. There will be a limit of 3 Boys (and 3 girls) allowed to compete from each region in each of the two Age Groups.

The top ten (10) boys in the Senior Division (16 to 18) and the top five (5) boys in the Junior Division (12 to 14) will be invited to remain at the University of Iowa to attend a 4 week USGF Olympic Development Training Camp from July 20 to August 13. The emphasis will be placed on the development of correct techniques and training methods to improve our showing in Olympic Games, and to better prepare our gymnasts for compulsory exercise training.

The first USGF Olympic Development Training Camp last year was a tremendous success and the USGF will recruit the finest coaches available to duplicate or exceed the success of 1974.

For the USGF
Frank J. Conroy

REGIONAL DIRECTORS

REGION

1. HAROLD FREY — Gymnastics Coach, U. of Cal., Berkeley, Calif. 94720
2. ERIC HUGHES — Gymnastics Coach, U. of Wash., Seattle, Wash. 98195
3. ROBERT COWAN — 6705 Marilyn Lane, Fort Worth, Texas 76118
4. FRED ROETHLISBERGER, Gymnastics Coach, U. of Minn., Minneapolis, Minn. 55415
5. WILLIAM ROETZHEIM — Athletic Director, U. of Ill., Box 4348, Chicago, Ill. 60680
6. VINCENT POZZUOLI, 28 Ledge Ave., New Canaan, Conn. 06840 (203-966-8937)
7. NED CROSBLEY — Gymnastics Coach, USMA, West Point, N.Y. 10599
8. JACK MILES — Miles Gym Club, 2030 Sunset Strip, Ft. Lauderdale, Fla. 33313

Coaches Called Uninformed About Nutritional Needs

by MARGIE CHILDS

Star Staff Writer

More food fallacies are found among athletic coaches than elsewhere, say two Tucsonans who are involved with teaching nutrition to them.

Following the word of coaches "like they were gods," can do considerable damage, warn Dr. Edward T. Shashoua, associate professor at the University of Arizona.

He said that coaches have "the-cut phoniness on nutrition," often based on special diets they learned about when they were kids, or heard about somewhere.

Dr. Shashoua and nutritionist Julie Camp, a 4-H expert, currently teaching coaches of Little League and other youth groups about the role food plays in athletics, spoke to more than 200 members of the Arizona School Food Service Association last weekend in Chandler. The two pointed out the hazard of overdoing the amount of protein and fats in the diet of athletes, especially just before a game.

"Protein is a problem in that it's over-emphasized," declared Dr. Shashoua, who is currently teaching a class in nutrition to UA physical education majors.

Some coaches urge their players to have steak and eggs, steak, sandwiches only three to four hours before a game, he pointed out. "It's better to have it the night before the game, because steak contains fat and fat slows down digestion processes. Steak can still be in the stomach eight hours later."

"On the day of the game, athletes should have something light. There is a psychological benefit from a big meal, perhaps, but it is nutritionally unnecessary." However, no food at all is also bad, he added.

The body requires protein, the nutritionist explained, to make up cells, to repair and to replace. Steak is no better than other animal sources of protein such as chicken or fish, while being less desirable because of its fat content, he said.

"But if you follow the old view that when a little is good, a larger is better, you're making a big mistake with protein."

He said the hazard develops because after the needed nitrogen from the protein is used to maintain and repair, any nitrogen that is leftover is thrown off through the kidneys.

"On the average," Dr. Shashoua said, "we take in 100 grams of protein daily, when we need only 80 or less. Some people even eat the 180-200 much. They go on protein powders or high protein diets."

He regards this as dangerous. "The long-term effects of too much protein are hard to measure, we just don't know where injury damage will begin."

Another area of over-emphasis, he said, is vitamins. "Some people attribute too much to them. They are chemical compounds with particular jobs to do, they are effective in small amounts, but they do not supply energy."

He said ADF (digestion of a breakdown product made in cells) = as is needed.

He said as little as 1000 milligrams of Vitamin C is needed. Vitamin C because both are water soluble. "You don't have what's taken in beyond your needs. Excesses do not do any good and are easily thrown off through the kidneys."

During stress or illness, however, Vitamin C needs can be increased temporarily, the nutritionist said.

In describing the short course for coaches of Little Leagues and other groups, Miss Camp said the emphasis is put on the importance of nutrients to have a strong, running team.

"We've learned that youngsters won't listen to us if we tell them they should eat foods from the basic four food group each day."

"But if I explain to the coaches that the right foods will provide the team members with plenty of energy, they will listen. And when the coach passes on this information, the child will go home and say, 'Hey, Mom, coach says I must eat this for my health!'"

The home component and information on the course and leaflets is available from the Pima County office of the UA Cooperative Extension Service. She said there has been good response from coaches since the program was introduced last year.

Miss Camp estimated that a reasonably active boy, age 10 to 12, weighing 70 pounds and 58 inches tall, needs 1500 calories per day. One who is 13 to 14, weight 80 pounds and is 60 inches tall, needs 2700 calories. Girls require a little less. These figures are for maintenance and growth. For those with more activities, calories should be increased.

She said she advises the coaches "To keep the program realistic on the light side and avoid too many sweets — too much sugar causes the acid from the body and causes dehydration. It's better to have the chocolate bar after the game."

A good rule for a pre-game meal, eaten several hours before the game, is 400 calories. The usual fast supplementary meal should be necessary if a well-balanced food selection is followed.

She listed four meals and asked the school food service people which would be better for the pre-game meal: 3 eggs, bacon, green beans, bread, honey and milk (or spaghetti with meatballs, canned meat, canned applesauce and milk, hamburg, etc., potato and tomato, orange juice) (or) (or) (or) French fries, cake and candy.

The best selection would be the spaghetti with meatballs again, because it contains a moderate amount of protein and food from all four food groups, and because it is low-fat and would be digested and out of the stomach if eaten three or four hours before a game.

Second choice was the hamburgers again (provided the child already had drunk sufficient milk or was allergic to dairy). Both the eggplant meat and the hotdog meals were served down, the first because it was too high in slow-digesting protein and the second because both the hot dog and the French fries were too high in fat.

"These two meals would ... wait in the stomach too long for an athlete to eat them and play ... one three or four hours later," Miss Camp explained.

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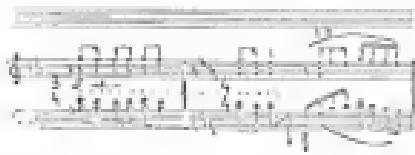
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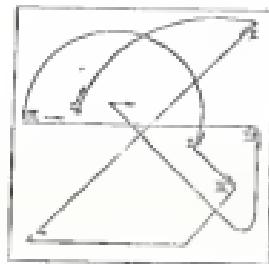
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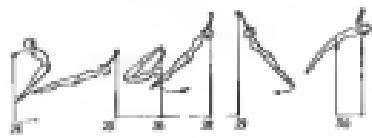
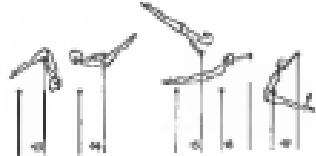
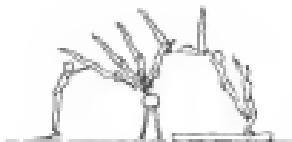
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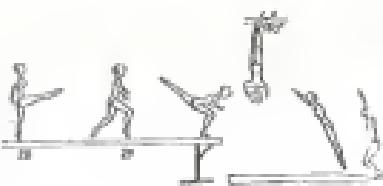
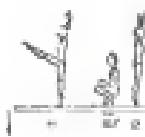
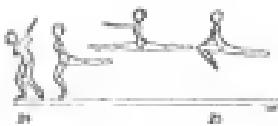
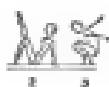
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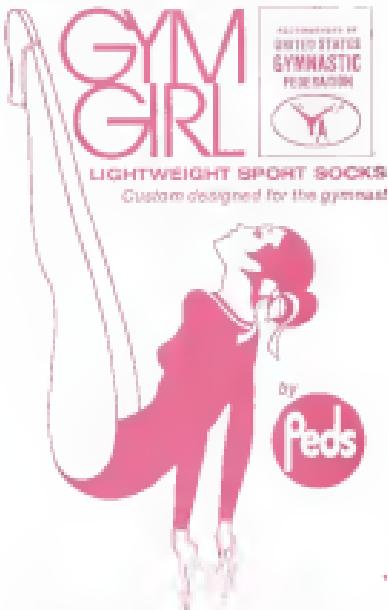


WALTER LIENERT

WALTER JOHN LIENERT Indianapolis, Indiana

Born in Chicago, Lienert was graduated from Indiana University in 1960. He competed in Gymnastics for Indiana. He served in the U.S. Navy during World War II. He authored "The Modern Girl Gymnast" on the Uneven Parallel Bars. He organized the Indiana Gymnastic Association in 1962 and instituted Indiana statewide novice Gymnastic meets beginning in 1958. He directed the Women's National AAU Gymnastic Championships in Indianapolis in 1968 and has served as a coach and judge of Gymnastics on State, National and Olympic Games. Being a member of the U.S. Olympic coaching staff at Melbourne in 1956. Since 1968, he has conducted Lienert's Gym Camp pointing toward the development of youthful gymnasts. He has developed and coached such notables as: Marel Gronfeld (Olympic), Myra Perkins, Sandra Rudnick and Sharon Phelps during the mid and late 50's.

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